

August 2022 Newsletter Welcome



I trust you are all well and enjoying this excellent summer weather. It's always a pleasure to see so many of you at our monthly meetings, but please remember to invite friends, neighbours and relatives to come and enjoy the speakers and see what our u3a is all about and hopefully become members. (so long as they are retired or semi retired, they are eligible to join a u3a). I'm pleased to see that new groups are in the offing and that trips and visits are being organised once again. If you have a trip or visit that you'd like to organise, we can help you to get it arranged, so please let us know.

We are still desperate to fill the committee vacancy for a website administrator, and a permanent newsletter editor - Peter Davison has kindly produced this August edition. Howard Brown and Christine Davison have taken over as speaker finders, but if you'd like to be considered for any of these positions, please come forward.

Take care everyone and hope to see you on Monday August 15th @ 2:00pm.

Kind regards,

Pete Wakelin. Chairman.



Our Speaker: John Bryan

Scams Prevention and Well Being Advisor

Scams

Scammers are sophisticated, cunning, and clever, employing many devious ways of collecting people's personal information. This enables them to know exactly who to target, and which type of scam those people are more likely to fall for. They contact potential victims by post, phone, email text and on the doorstep.

Age uk's aim, is to educate older, vulnerable adults on how not to become a victim of crime. The safe and sound team have passionately delivered this vital service in the past and continue to educate and serve the local community to combat the fear of crime and prevent them from being a victim or repeat victim of crime

John Bryan

Monday 19th September	Fascinating Crimea	Robert Dodd
Monday 17th October	Rememberance	Ray Hutchins
Monday 21st November	Tall Ships	Peter Pickering
Monday 19th December	Masters of Mirth	Mike Storr

2023 Monthly Meeting Dates

16th January
15th May

20th February
19th June

20th March
21st July

17th April

INTEREST GROUP LISTING

Time	Group	Venue	When	Leader	Contact
MONDAY					
10.30 am	Gardening	Various	TBC	Mike Davey	mrdavey004@btinternet.com 0115 9841687
7.00 pm	Wine Tasting	MH	4th Monday of month	Paul Clarkson	redbus84@hotmail.com
TUESDAY					
10.00 am	Book Group	MH	2nd Tuesday of month	Maureen Thompson	maureenfthompson@outlook.com 07496 679953
10.00 am	Painting & Drawing	EPC	2nd & 4th Tuesday of month	Liz McAdam	lizmcadam26@gmail.com 07973 615754
2.00 pm	Scrabble	MH	Fortnightly	Di Brown	diandhoward@hotmail.com 07754 008754
WEDNESDAY					
10.00 am	Photography	EPC	2nd Wednesday of month	Anne Hooley	annhooley@virginmedia.com 0115 9211832
9.30 am	Walking 5-8 miles	various	4th Wednesday of month	Paul Clarkson	redbus84@hotmail.com 07496 679953
10.30 am	Table Tennis	MCH	1st & 3rd Wednesdays	Steve Lowe	lowe_steve@sky.com
THURSDAY					
10.00 am	Tai Chi	RVH	Weekly	Judy Hasson	syhasson@aol.com 07505 844009
10.30 am	Petanque	White Horse	3rd Thursday of month	Chris Murdon	rudd_u3a@yahoo.com
11.00 am	Tai Chi	RVH	Weekly	Judy Hasson	syhasson@aol.com 07505 844009
12.00 pm	Beginners' Tai Chi	RVH	Weekly	Judy Hasson	syhasson@aol.com 07505 844009

THURSDAY					
1.30 pm	Lunch Club	various	TBC	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	Petanque	White Horse	1st Thursday of month	Chris Murdon	rudd_u3a@yahoo.com
2.00 pm	One in one	Notting ham	TBC	Pete Wakelin	peter.wakelin1@gmail.com
2.30pm	Travellers' Tales	The Hub	2nd Thursday of month	Peter Davison	pandcdavison@ruddington.plus.com 0115 9845733
3.30pm	French (Intermediate to advanced)	MH	TBC	Sheila Johnson -Marshall	sheilajohnsonmarshall@hotmail.com 07929 520201
FRIDAY					
10.00am	Knit-a-lot	Philos	Fortnightly	Sandy Maltby	Sandymaltby989@gmail.com
2.00pm	Monthly Quiz	FKC	Last Friday of month	Barbara Breakwell	ruddington2012@virginmedia.com
2.30pm	Spanish (Intermediate to advanced)	MH	Alternate Fridays	Debra Lowe	debra-lowesky.com 0115 9844504
VARIOUS					
9.30am	Cycling	Various	19th August	Tracy Meakin	tracymeakin@sky.com

VENUE GUIDE

EPC Elms Park Committee Room

FKH Framework Knitters Chapel Room

MCH Methodist Church Hall

MH Members Home

RVH Ruddington Village Hall

TBC To be Confirmed

Contact Us

Website

<http://u3asites.org.uk/ruddington>

Email

rudd_u3a@yahoo.com

Facebook

<https://www.facebook.com/Ruddu3a>

National u3a Website:

<https://www.u3a.org.uk>

To subscribe to the national u3a newsletter visit <https://www.u3a.org.uk/newsletter>

Interest Group Updates

Wine tasting

In July the group tasted a range of wines from Spain and Portugal. Tasting measures are strictly measured but with an attendance of 16, eight bottles were opened! The August meeting will focus on sparkling wines.

Painting and Drawing

The group meets fortnightly at the Elms Park committee room focusing on watercolour and also meet socially on the alternate weeks for tea/coffee at a variety of locations or outside. All levels of experience are welcome and materials can be provided if necessary.



Photography

At the 17th August meeting photographs of old (pre 1900) buildings will be shown.

Perhaps you can recognise this building.- answer at back of newsletter.

The 14th September meeting theme will be "Sport, games and exercise". We will have a golden opportunity to take some blurred pictures of cyclists in the area on September 7th when the Tour of Britain passes through Ruddington.

The group will also be entering the photography competition at the village show in St Peter's Rooms on 17th August when the topic is "wildlife".



One in one

There is no meeting in August and the September meeting details will be published in September's newsletter, with a yet to be confirmed date of September 22nd and venues in Beeston, on the tram route.

Cycling

The next U3A cycle ride is on Friday 19th August - meet 9.30 on the Green

Spanish

Holidays reduced the attendance and the number of meetings. In July we met for lunch and the subsequent topic of conversation was "food".

Tai Chi

Our tai chi group continues to thrive with 30 active members. Class sizes are kept at 10 to 12 participants in each of the 3 class sessions.

There is always capacity for people to join us, starting in the beginners group. Anyone can come along for a taster session.

Our Thursday morning sessions are filled with slow gentle tai chi movements and forms and relaxing qigong (moving meditation), accompanied by beautiful, calming and peaceful music.

After each session there is the opportunity to socialise with coffee/tea/snacks at the Ruddington Arms.

If anyone would like more information do call or email me.

Judy Hasson.

Travellers' Tales

Our next meeting will be on 1st September when Tim Williams will take us on a tour of little known places in Paris, for example the Chateau de Vincennes, pictured here.

In October we will be in Uzbekistan, the heart of Central Asia, with Peter and Chris Davison.

**Lunch Club**

The lunch club is now being looked after by a new lady called Margaret Marshall. Her contact details are 07914 414848 and her email address is margaretmarshall70@gmail.com. The lunch for September has been booked for 1st September at 1.30 at the Country Cottage. A £5 deposit will be required which can be collected at the Monthly meeting on 15th August.

Calligraphy

We have received a request from Keyworth & District to publicise one of their groups. The contact details are below. Anyone wishing to join the Keyworth group would have to join them as an associate member.

Keyworth & District u3a Calligraphy Group

Are you a Calligrapher or have a good knowledge of calligraphy? If so would you be willing to help our group improve our skills and learn new techniques? We are a small sociable group who so far have developed our skills from books and would like to progress further.

We meet on the 3rd Thursday each month in Keyworth Methodist Church Hall 10.00am – 12.00 noon

If you could help us please contact Frances Turnbull for further information.

frances.turnbull@ntlworld.com

Theatre Tour

Di Brown has provisionally booked 26 places on the Limelight Backstage Tour at the Royal Centre for Saturday 29th October at 10.30. The cost of the tour is £12.00 person. Special arrangements need to be made to accommodate customers with impaired mobility.

Discover the world behind the curtain and learn about the amazing story of the **Theatre Royal & Royal Concert Hall**.

Glimpse behind the curtain to areas usually hidden to the public, explore behind the scenes, learn how the theatre works and find out all about the venue's fascinating heritage! Led by the knowledgeable & great storyteller **Ezekial Bone**.

You will see that the standard tour will have stairs within the tour, therefore, if you wish to go but have impaired mobility please let Di know as we will need to find out if the tour is suitable for you.

As there are limited places the tickets will have to be allocated on a first come, first served basis and over **50% have already been taken**. If you are interested please contact Di as soon as possible.

Payment will need to be made to confirm your place on the Tour at the latest by the monthly meeting on 15th August.

diandhoward@hotmail.com

07754 008754

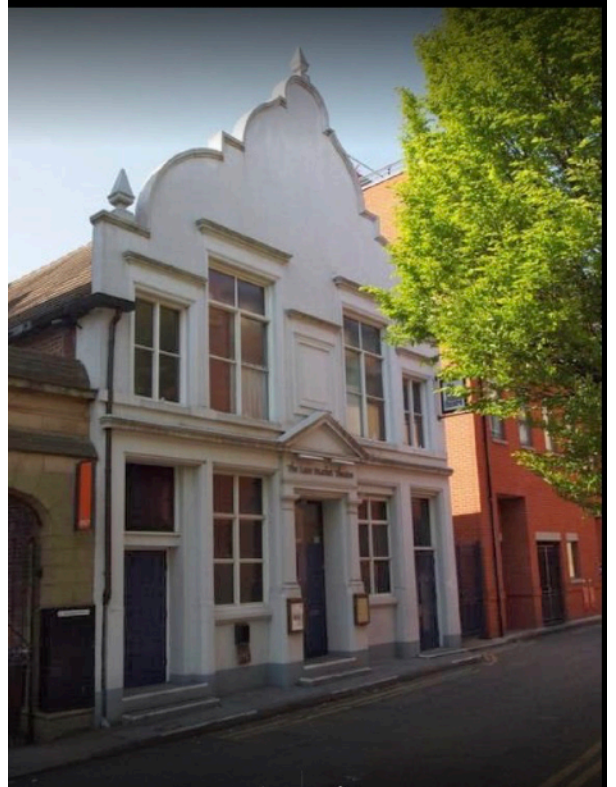
Theatre Visit. Advance Notice

A visit to the Lace Market theatre is being planned during the week commencing 12th December to see their Christmas production of “The Flint Street Nativity”.

This funny, nostalgic and poignant play was written by Tim Firth who wrote Calendar Girls. The children are played by adults and it is sure to delight and fill you with Christmas cheer.

Further details will be circulated shortly.

The Lace Market theatre on Halifax Place is well known for its high quality amateur productions.



Photograph:- This is the office on George Street of the well known Nottingham architect Watson Fothergill. It was built in 1895 after he was forced to move by the building of the Manchester, Sheffield and Lincolnshire Railway into Victoria Station.

